

March 2026

LIFESTYLE CALENDAR

Level 1- House 1 & 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Bus Trips 3 Mar 1:30pm Rachels bus trip 9th March 1:30pm Lochlan Bus Trip 18th March 1:30pm Rachels bus trip 25th March 1:30pm Lochlan Bus Trip				Elsternwick Movies Park /River Picnic Chocolaterie Park /River Picnic		Church Services (10:30am) 6th March Anglican Mass (Cinema) 5th March Greek Communion (in-room) 12th March Catholic mass (Cinema) Thursday's Catholic Communion (in-room)						1 10:00am Livestream church 10:30am Morning chat groups 11:00am walking groups 2:00pm Kidko Concert 3:30pm Movie Matinee	
2		3		4		5		6		7		8	
10:00am New & views 10:30am Music & instruments 1:30pm Violetta and Annette singalongs 3:00pm Bingo	10:00am Gessy's Physio (L2) 10:15am news & Views 11:00am in chair exercises 2:00pm Masterchef 2:45pm Yoga	10:15am News & Views 11:00am Zumba Gold (H3) 1:30pm Tommy's singalongs 3:00pm Walking Group 4:00pm Oyster Bar Boardroom	10:00am Gessy's Physio (L2) 10:15am News & views 11:15am Zumba Gold 2:45pm Singalongs with Lyrics	10:00am News & views 10:45am Musical Melodies via (youtube) 2:00pm womans day 3:00pm Happy Hour	10:00am Morning tv shows 10:30am Memory Lane 11:00am Garden walks 1:30pm Creative arts (L2) 3:00pm Bonus Trivia (L4)	10:00am Livestream church 10:30am Morning chat groups 11:00am walking groups 2:00pm pampering 3:30pm Movie Matinee							
9		10		11		12		13		14		15	
10:00am new & views 10:30am music & instruments 1:30pm violetta and Annette singalongs 3:00pm Bingo	10:00am Gessy's physio (L2) 10:15am news & views 11:00am in chair exercises 2:00pm Masterchef 2:45pm yoga	10:15am News & views 11:00am Zumba Gold 1:30pm Tommy's Singalongs with high tea 3:00pm Walking Group	10:00am Gessy's Physio (L2) 10:15am News & views 11:15am Zumba Gold 2:45pm Singalongs with Lyrics	10:00am News & views 10:45am Musical Melodies via (youtube) 2:00pm Floor Games 3:00pm Happy Hour	10:00am Morning tv shows 10:30am Memory Lane 11:00am Garden Walks 1:30pm Instruments (L 1) 3:00pm Floor games (L3)	10:00am Livestream Church 10:30am Morning chat groups 11:00am walking groups 2:00pm pampering 3:30pm Movie Matinee							
16		17		18		19		20		21		22	
10:00am News & views 10:30am music & instruments 1:30pm violetta & Annette singalongs 2:00pm singalongs 3:00pm Bingo	10:00am Gessy's phyio (L2) 10:15am news & Views 11:00am in Chair exercise 2:00pm Masterchef 2:45pm yoga	10:15am News & views 11:00am Zumba Gold 1:30pm Tommy's singalong 3:00pm walking Group 4:00pm Oyster Bar Boardroom	10:00am Gessy's Physio (L2) 10:15am News & views 11:15am Zumba Gold 2:45pm Singalongs with Lyrics	10:00am News & views 10:45am Musical Melodies via (youtube) 2:00pm Floor games 3:00pm Happy Hour	10:00am Morning tv shows 10:30am Memory Lane 11:00am Garden Walks 1:30pm Floor games (L2) 3:00pm Creative arts (L4)	10:00am Livestream Church 10:30am Morning chat groups 11:00am walking groups 2:00pm pampering 3:30pm Movie matinee							
23		24		25		26		27		28		29	
10:00am News & views 10:30am music & instruments 1:30pm Violetta & Annette Singalongs 3:00pm Bingo	10:00am Gessy's Phyio (L2) 10:15am news & views 11:00am in chair exercises 2:00pm Masterchef 2:45pm Yoga	10:15am News & view 11:00am Zumba Gold 2:00pm Football mania concert 3:00pm walking Group	10:00am Gessy's physio (L2) 10:15am News & views 11:15am Zumba Gold 2:45pm Singalongs with Lyrics	10:00am News & views 10:45am Musical Melodies via (youtube) 2:00pm Floor games 3:00pm Happy Hour	10:00am Morning tv shows 10:30am Memory Lane 11:00am Garden Walks 2:00pm Floor games (L1) 3:30pm Bonus Trivia (L3)	10:00am Livestream Church 10:30am Morning chat groups 11:00am walking groups 2:00pm pampering 3:30pm Movie matinee							
30		31											
10:00am News & views 10:30am music & instruments 1:30pm Violetta & Annette Singalongs 3:00pm Bingo	10:00am Gessy's physio (L2) 10:15am News & views 11:00am The Resonance 2:00pm Masterchef 2:45pm Yoga												

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
11:00am Bridging the Journey (Cinema) 1:30pm Meditation (Cinema)	3:30pm yoga	11:00am Choir (L2) 1:30pm Kimberly's Art Therapy (LM) 2:00pm footy mania (L1)	11:00am Choir (L3) 2:00pm Men's Group (Cinema)										